

**Claims:**

1. [An apparatus constructed from a rubber material in a cylinder design, which with a common air inlet may be inflated or deflated easily with most conventional air pumps, including manual air pumps. The circumference of the said rubber cylinder will consist of ribbed and pointed formed surfaces. The rubber cylinder (Massage Tube) will be physically wider than a human body allowing a comfortable fit and balance during use.]
2. [An apparatus as claimed in claim 1, wherein by placing the apparatus (Massage Tube) on the ground and laying your back horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your back and neck.]
3. [An apparatus as claimed in claim 1 wherein by placing the apparatus (Massage Tube) on the ground and laying your stomach horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees and the use of your arms you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your upper legs, ]
4. [An apparatus as claimed in claim 1, wherein by placing the apparatus (Massage Tube) on the ground and laying the side of your body horizontally to the ground on top of the said Massage Tube and by extending and bending your legs at the knees and the use of your arms you slide back and forth over the Massage Tube. The force of your weight on the ribbed and pointed surfaces and the sliding motion massage your hips and sides or the body.]

**Claims:**

1. A body massage cylinder apparatus comprising:
  - (a) a uni-body designed apparatus constructed from a resilient rubber material forming a cylinder shape supported by an air chamber, constructed with no separate moveable or removable main components.
  - (b) dimensioned such that the user is at the intended height off the ground plane, during use and massage facilitation.
  - (c) dimensioned such that the user is securely fitted when bi-secting the elongated edge circumference of the said body massage cylinder apparatus.
  - (d) dimensioned such that the mass and size of the said body massage cylinder apparatus are sufficient to support the user in the proper position during massage facilitation.
  - (e) the circumference area, being the "shell" of the said body massage cylinder may consist of either or both ribbed and semi pointed formed surfaces spaced in an alternating pattern which radiates outward from the circumference which administer a massaging action during use.
  - (f) an inflatable means via an inlet air valve to allow for adjusting the height and firmness by increasing or decreasing air pressure.
2. A body massage cylinder apparatus defined in claim 1, wherein a rubber material is pre-formed into a cylinder shaped uni-body constructed apparatus which allows a sufficient air pressure and support for body massage usage.
3. A body massage cylinder apparatus defined in claim 2, wherein a rubber material is pre-formed into a cylinder shaped uni-body constructed apparatus with a shell consisting of protruding linear ribbed formations which extend from side to side across the entire shell and/or protruding semi-pointed coned surfaces arraying from side to side across the entire shell, further more, these cones and ribbed formations are sufficiently spaced and alternate their patterns along the circumference of the said body massage cylinder apparatus.
4. A body massage cylinder apparatus defined in claim 1, wherein the said body massage cylinder apparatus is constructed:
  - (a) in a symmetrical uni-body design which yields a top surface parallel to the ground plane and size giving the user optimum balance and control.
  - (b) With the proper height off the ground plane and the size of the apparatus are key design elements, coupled with the ability to modify the height and firmness of the apparatus by adjusting the air pressure via an air inlet allowing the user to obtain maximum body surface contact during massage usage.